

Wellness Programs Virtual Series

Take steps towards healthier aging today. This fall, together with our partners we are offering virtual wellness workshops. These are online workshops and require a computer and internet access to participate. Learn by doing, learn together with peers and improve your own health.

Powerful Tools for Caregivers

Workshop Dates TBD

For more information: maloew@alz.org or (414) 479-8800 ext.1947

Living Well with Chronic Conditions

Thursdays, Oct 1-Nov 5 at 12:00-2:30pm

To register: Jennifer.lefeber@milwaukeecountywi.gov or (414) 289-6352

Living Well with Chronic Conditions

Tuesdays, Oct 6-Nov 10 at 12:30-3:00pm

To register: cpangilinan@wauwatosanet.net or (414) 479-8947

For more information or to learn of other upcoming workshops:

county.milwaukee.gov/aging#wellness

Powerful Tools
FOR Caregivers



MILWAUKEE COUNTY
Department on Aging

alzheimer's
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